

HEALTHY DIET WORD JUMBLE - Solution

Unscramble these words related to a healthy diet.

O Y D R A D O I F P M

FOOD PYRAMID

A V T E E G L E S B

VEGETABLES

F O F D O L T W S O A

LOW-FATI FOODS

U F R T I

FRUIT

C R L A O S E I

CALORIES

L N W G A E H O S I R

WHOLE-GRAINS

T P N Y E L D U S F I L

PLENTY of FLUIDS

The circled letters can be arranged to describe a health dietary habit.

GOOD NUTRITION